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Green Beret

COMBATIVES

for Self-Defense

**FULLY ILLUSTRATED • EASY-TO-LEARN • STEP-BY-STEP INSTRUCTION
IN ALL THE BLOWS, FALLS, THROWS AND POWER HOLDS**

Green Beret
COMBATIVES
for Self-Defense





Green Beret

COMBATIVES

for Self-Defense

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1.

Introduction

Wherever you live — city, country or small town — there is the chance that someday, somewhere, you may be called upon to protect your home, your family, even your life. The purpose of this book is to give you the techniques and the self-confidence to defeat your attacker and save yourself. Here you will find the defensive methods of our Special Forces adapted for men and women in civilian life.

The streets near your office and the roads by your home don't hold the dangers of the territory patrolled by the Green Berets, but the individual who attacks you at your front doorstep may be just as dangerous as the Vietcong guerrilla. Every physical conflict at some point involves man-to-man fighting. In every war there has been an Infantryman, a Ranger, a Commando who has had to go it alone. And now you can learn to defend yourself the way the cream of our troops do — the Green Beret way.

Of course you may never be attacked, but the possibility is there: read the newspaper or look at a police blotter. In any case, you'll feel great after working out with this book: great because you've got new confidence, and great because it's stimulating exercise that's contributed to your new sense of physical fitness.

Three Basic Rules for Civilians

Unlike the serviceman on active duty, your prime object is defense, not attack. No matter how expert you become at the Green Beret tactics, always keep in mind the following:

1. **IF YOU CAN, RUN.** Leave your money, your pride, and if you can escape, do so. Confident as you may feel after mastering the techniques of this book, it never pays to chance the fight. But, if you can't run, don't let yourself be hurt or killed. If you really feel your life is at stake, do the best with what you've got. Polite or not, get your attacker where it will hurt him the most.

2. **DON'T YOU START ANYTHING.** Be sure your opponent really plans to assault you. Don't knock down the noisy drunk at your local bar, the unfriendly derelect, the nervous petty thief. Use your judgment.

3. **YOUR OBJECT IS TO ESCAPE, NOT TO KILL.** Some of the methods described in this book can be fatal if pressed too far. Remember, you don't want to end up faced with a law suit. Lay off the lethal blows unless absolutely necessary. Work hard at learning the throws, the takedowns and the falls. Be a tiger, not a killer.

To the Gentler Sex

If one prime rule is to run, another is certainly to scream. When a woman is attacked, she often can't bring herself to shout. So if you can find someplace isolated enough, try it. If not, as you walk along in what seem to be threatening circumstances — think AAAIEEE!! Picture yourself shrieking. Prepare yourself psychologically. It's the wrong time to worry about feeling silly. Aside from the possibility of getting help, you may just scare off the attacker.

Another scare tactic: face him. If you don't think you can escape by running, a bit of bravado may work. Not everybody is out for blood, or even your purse. An apparent attacker may just be a pest. In any case, **you stand a better chance of defending yourself face to face.** Of course, it's natural not to want to look when you suspect you're being followed. But not looking doesn't make "it" go away. So if changing your route doesn't help, **turn.**

And don't think that as a girl you have no chance against a husky attacker. This isn't true. Even the American serviceman is told to assume that his opponent is stronger, and to make use of his wits and superior training. The great thing about these techniques is that you may be 97 pounds and turn out to be nothing less than a Mary Marvel at throws and takedowns. But if you picture yourself as more of a Little Orphan Annie, you can master a few handy tricks — like what to aim for and how. The meanest and nastiest blows in this book may well be just the ones for you.

Pounding on an attacker's chest with your fists will do nothing much but wear you out. You'll learn that a finger in his eye works better. You'll also learn that balance is important. So if you're worried about defending yourself in high heels, and have the time, take them off — but hang on to them. Well aimed, heels are an excellent weapon in the hand. If you can cope with them on, a healthy heel-step on your attackers instep is effective.

Along with heels, one more feminine fortification is the handbag.

There are small protective devices you can carry in it, like a police whistle, or a tear gas bomb. But if you prefer instead to squeeze an eyelash curler into your already overstuffed bag, there's still your regular collection of missiles on hand. If your assailant is almost on top of you, you might throw the whole bag at his head. It will win you a second or two. But if he gives you the opportunity, throw anything in it that is heavy enough to do

damage — metal compact, perfume atomizer — and hold your bag until he gets closer. And remember a long hat pin doesn't take up much space.

Of course, one of the smartest things you can do is to avoid trouble altogether. **Outdoors:** Don't walk on dark streets if you can help it and, if you must, avoid unlit doorways and alleys. **Indoors:** Good police locks are a must. If you plan to get home after dark, leave on a light. And when it comes to letting in strangers, well you should have learned the dangers of that years ago!

Practice conditions — some pointers and safety musts

Now for the essential part of the book — learning the throws, falls, and blows of the Green Berets.

In your practice sessions it is all right to work out on grass or soft dirt, but cushions are better still, and if at all possible — real judo or wrestling mats.

In addition you should have a full-length mirror, or someone to correct you, so that you can compare your stances and techniques with the photographs in this book, and, if need be, correct yourself accordingly.

Ideally your partner should be an expert in self-defense methods so that he can act as your instructor. Such a person would also be able to vary the degree of his resistance, increasing it as you become more proficient.

No matter who you practice with, you must establish ground rules — particularly a way to stop your partner when you feel you've had it. Smacking the ground firmly is the standard signal to halt since you can't always count on having enough breath to say anything clearer than Arggh, particularly if you've got an arm around your throat. And a yelp for help may just sound like one of the grunts you make in the course of practice.

Although self-defense techniques do not require great muscles or overwhelming strength, it's certainly important to be fit before approaching man-to-man combat — even if, for the moment, it is only with the skinny guy next door. Exercise first on a regular basis for as many days as you need to feel limber enough to be thrown without being hurt.

And before the exercises, or if you feel any breathlessness or other signs of over-exertion when you begin to work out (especially if you're over 35 or 40), check with your doctor as to

whether all this is O.K. for you.

Self-defense methods, unlike exercise plans, don't have to be run through on a daily basis. Naturally it would be best if you could fit in a practice session with a partner each day, plus time by yourself, perfecting your stances, movements, and sequences. But don't go too fast. Each technique should be learned so that it comes naturally; each gesture should be done smoothly — another important safety factor. Jerky, jolting movements can hurt both you and your partner; and, for the "real thing" — that encounter in the street — they prove far less effective and are more wearing on yourself.

You must also keep going back over the techniques you've learned earlier. As you master new routines be sure to practice all that came before. If that review becomes too time-consuming cut down on maneuvers you feel most sure of. But go back over everything from time to time. Every fourth day your partner should give you an "official" test.

Wear whatever you'll be comfortable in, or are willing to knock around in, but practice in street clothes as well. This is particularly true for women, who should certainly learn the techniques in dresses and high heels if that's what they usually wear.

In short — practice. Learning the mechanics without mastering the technique, like learning the steps of a dance but not feeling the beat, is something of a waste. But don't overdo it — and use your sense as to where and how you learn the Green Beret way of self-defense.

Background and Basics

Before going on to the techniques themselves there are five important points to keep in mind.

1. If attacked, use any object at hand as a weapon. If you are carrying a package, swing it. If you can pick up a rock, throw it. Even a handful of dirt tossed in your assailant's face can give you a temporary advantage.

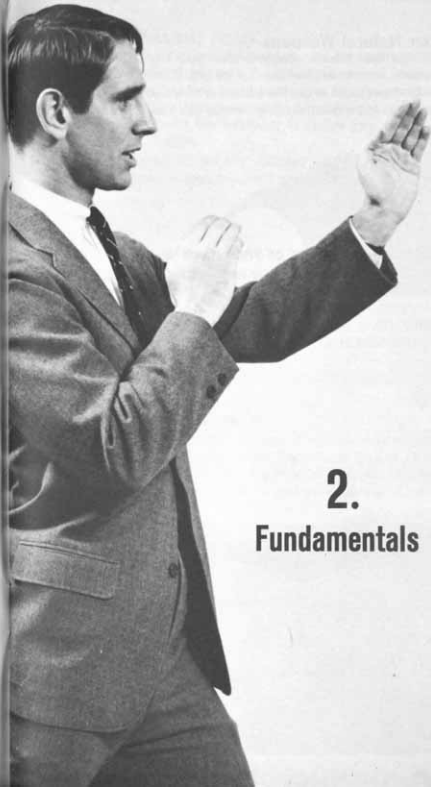
2. When no weapon is handy, remember your feet. A well-aimed kick — the best method is described in the following pages — can gain you just enough time to run.

3. At all times keep in mind the most vulnerable parts of your attacker. Some of these areas are obvious, but a detailed list will be given to you including certain parts of the body that you might not be aware of. Your best defense is to aim for your opponents weakest spots.

4. Balance is equally vital. Your aim is to trip, throw, or trick your assailant into losing his balance while maintaining your own. More on this later, too.

5. And if it's ever one against two, remember this one essential rule: Go to the outside of either opponent — **Don't get caught between them.**

Now you are ready to start learning the techniques. You will want to practice each thoroughly, master it and then work for speed. Your chief objective is to become so familiar with each maneuver that, if and when the moment comes when you are called upon to fight, you will be able to defend yourself as naturally as if you too were qualified to wear the special badge of the Green Beret.



2. Fundamentals

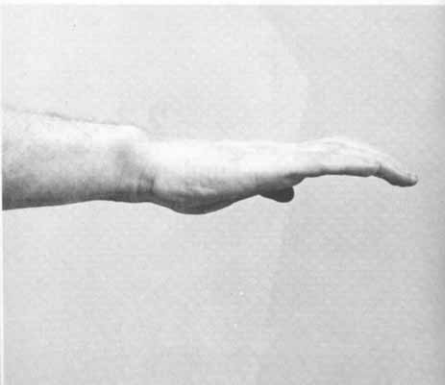
Your Natural Weapons

Your best natural weapon is often your foot. A kick, if done correctly, can throw your attacker off guard and let you escape. The best method is to use the outside or inside edge of your shoe. The toe is too small a striking surface and may not have much effect.

If your opponent persists, you will be forced to use your hands, but you should use them the special combative way.

1. THE KNIFE EDGE OF YOUR HAND (fig. 1).

Extend your fingers rigidly so the little-finger edge of your hand is as hard as possible. Keep your thumb pressed against and slightly under your forefinger. Bend your first finger joints slightly. Using your tensed hand in this fashion allows you to strike disabling blows.



2. THE SMALL FIST (fig. 2).

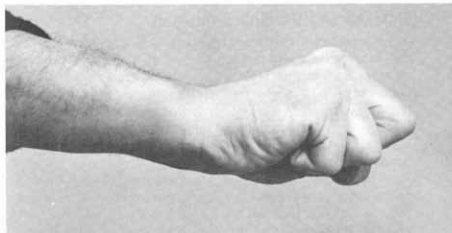
The average fist covers an area of about eight square inches. To form the small fist fold your fingers at the second knuckles to make a striking surface about two inches square, producing a sharper edge for a more penetrating blow. Keep your thumb pressed tightly against the forefinger to stiffen your hand and keep your wrist straight.



fig. 2

3. THE POINTED FIST (fig. 3).

Fold your middle finger at the second knuckle and wedge the second knuckle of the two adjacent fingers into its side. Keep the end of your thumb over the fingernail of your middle finger and keep your wrist straight. The raised knuckle can be rammed against vulnerable points about the body.



4. THE PADDED FIST (fig. 4).

When using the little-finger edge of your fist as a weapon, strike blows in the same motion as when using an ice pick. Avoid padded fist blows to the temple; these can kill an opponent.

5. THE HEEL OF YOUR HAND (fig. 5).

Keep your fingers slightly curled and force the back of your hand toward your wrist to make the heel of your hand as solid as possible. You can deliver a more damaging blow with the heel of your hand than with your fist. The curled fingers can be used to attack an assailant's eyes.

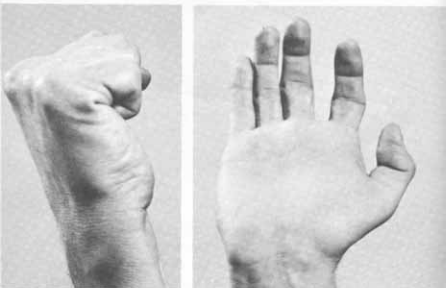


fig. 4

fig. 5

Balance and the Guard Position

Keeping your balance while engaging an opponent is essential. Assume the guard position for best all-round protection and balance. Spread your feet shoulder-width apart and face your opponent on a 45° angle. Your left leg is in front. The left heel on line with your right toe. (Left-handed people should switch sides throughout instructions). Stand upright and bend your left knee slightly. Your right knee is straight giving firm support. Hold your hands in front of your face. The left hand at eye level; the right hand behind and at chin level. The knife edge of your hands is facing out. As you practice the stance, you will become more comfortable and find that you will be able to knock your opponent off-balance by practicing the maneuvers presented in this manual (fig. 6).



FRONT VIEW

SIDE VIEW

fig. 6

Vulnerable Points

Untrained, your natural inclination may be to hit your attacker on the jaw with your fist. But you've already learned that the plain fist is by no means your best natural weapon. Now you will see that the jaw is also not your best target.

Before going on to the rest of the maneuvers, make sure that you learn the vulnerable points of the body thoroughly. Such knowledge will help you beat off your attacker in the most efficient manner.

The body is divided into three regions: The head and neck, the trunk and the limbs. The major vulnerable points (fig. 7) of each region are listed below.

HEAD & NECK

Ears
Temple
Eyes
Nose
Upper lip
Chin
Adam's Apple
Base of throat
Side of neck
Nape of neck

TRUNK

Collarbone
Armpit
Solar plexus
(center, below chest area)
Stomach
Groin
Floating ribs
Kidney
Spine

LIMBS

Fingers
Wrist
Elbow
Shoulder
Knee
Ankle
Instep

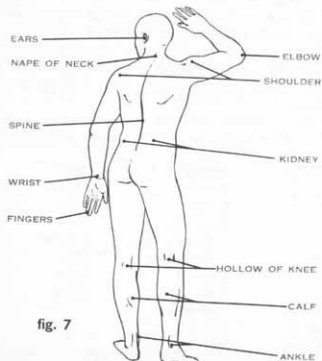
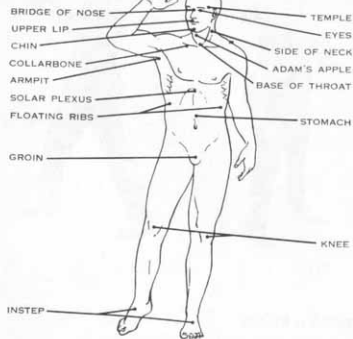


fig. 7

3. Blows



The following blows which are directed to vulnerable points of the body can disable an assailant in seconds. They do not require great strength to deliver and can provide a quick means of escape. These blows may be used effectively by men and women.

CAUTION: Almost all these blows can cause serious injury or death. When learning how to execute them be sure to use very little force. When thoroughly trained, you can increase your strength slightly, but remember the vulnerability of the area being attacked in order not to injure your training partner. Even if you are struggling in defense, never forget these blows can be lethal. Only employ them if you are fighting for your life. Don't panic and turn killer.

Attacking the Head and Neck

1. EARS. Cup your hands and clap them simultaneously over your assailant's ears (fig. 8). This is a dangerous blow and may burst his eardrums, cause nerve shock, or result in internal bleeding. Exercise care: A sharp enough blow can cause brain concussion or death.

2. TEMPLE. A blow to the temple can kill or cause a concussion (fig. 9). The bone structure at this spot is weak and an artery and a large nerve lie close to the skin. If fighting for your life, attack the temple with the knife edge of your hand or with a padded fist. A jab with the point of your elbow is also effective.



fig. 8



fig. 9

3. EYES. Fingertips driven into an opponent's eyes will probably blind him. Hold your forefinger and index finger rigidly together and jab them into one eye. Keep your fingers and wrist stiff (fig. 10). You can also use the knuckles (second row) of two adjacent fingers in a sharp thrust at the eyes.

4. NOSE. When attacking the nose, strike a forceful blow with the knife edge of your hand across the bridge (fig. 11). This blow can break the thin bone, causing your assailant extreme pain and temporary blindness. Caution! A very sharp blow could be instantly lethal. You can also use the outside edge of your closed fist. When fighting at close quarters, strike the nose by hitting the bottom of it an upward blow with the heel of your hand.

fig. 10



fig. 11



5. **UPPER LIP.** A vulnerable part of the face is the upper lip where the nose cartilage joins the bone. The nerves here are close to the skin. This area can be attacked by delivering a sharp blow with the knife edge of your hand at a slightly upward angle (fig. 12). A very sharp blow can cause unconsciousness. A lesser blow causes extreme pain. You might also use a jab with the small fist.

6. **CHIN.** You can deliver an effective blow to your assailant's chin with the heel of your hand (fig. 13). Do **not** use your fist; you may break a bone in your hand.



fig. 12



fig. 13

7. **ADAMS APPLE.** Attack the Adam's apple only if desperate. A severe blow can result in death by severing the windpipe. A lesser blow is painful and causes your opponent to gag. Use the knife edge of your hand (fig. 14), your fist, toe, or knee, depending upon your opponent's position. Another effective, but dangerous, method is squeezing or pulling it outward with the fingers and thumb.

8. **BASE OF THE THROAT.** One way to break an assailant's hold on you is to thrust one or two extended fingers quickly into the small indentation at the base of his throat (fig. 15). The blow is painful and causes him to cough. Exercise care as severe injury can result if the thin layer of skin at this point is pierced.



fig. 14



fig. 15

9. **SIDE OF THE NECK.** One way to knock your attacker unconscious is to deliver a sharp blow with the knife edge of your hand to the side of the neck, below and slightly to the front of the ear (fig. 16). You can deliver the blow in two ways: a back-hand strike with the palm down; or a forward slash with the palm up. This type blow causes unconsciousness by shock produced when the jugular vein, the carotid artery, and vagus nerve are struck. It is not particularly dangerous.

10. **NAPE OF THE NECK.** This is another area that you should attack only if you feel your own life is at stake. A blow with the knife edge of your hand to your assailant's nape (rabbit punch) can kill him instantly (fig. 17). You can also strike with the outside edge of your fist. Use this blow if your opponent charges low and his hands are not guarding the upper regions of his body.

fig. 17

fig. 16



Attacking the Trunk Region

1. **COLLARBONE.** A forceful blow delivered straight down on the collarbone at the side of the neck with the knife edge of your hand can fracture the bones and cause your assailant to drop to his knees (fig. 18). Another way of attacking this point, and a particularly good way if your opponent is shorter than you is to drive your elbow down into the collarbone.

2. **ARMPIT.** A large nerve is close to the skin in each armpit. A blow to this area causes severe pain and temporary partial paralysis. If you succeed in knocking your attacker down, kick the armpit with your toe (fig. 19).



fig. 18

fig. 19

3. **SOLAR PLEXUS.** The solar plexus is at the bottom of the rib cage, just beneath the breastbone. To attack this area, thrust sharply with the pointed fist (fig. 20). This method permits deep penetration and is, therefore, more effective than striking this small target with the whole fist or the knife edge of your hand. Any penetrating blow to the solar plexus causes extreme pain and may either bend your opponent forward or drop him to his knees. Caution! Death may result from a severe blow.

4. **STOMACH.** A blow to your attacker's stomach with the small fist will cause him to loosen his hold on you (fig. 21). If he bends forward strike him in the face with your knee. The knuckle blow gives deeper penetration than a blow with the elbow or fist. You can also use a toe kick or knee lift — though this could cause serious injury.



fig. 20

fig. 21

5. **GROIN.** When closing with an assailant, keep in mind that one of your best blows is to the groin. Kick up forcefully with your knee (fig. 22). You can also use your closed fist, the knife edge of your hand, a toe kick, or a violent handgrasp to subdue your opponent.

6. **FLOATING RIBS.** Attack the floating ribs from either the front or the rear, but if possible, strike the blow to your opponent's right side. The liver is located here just below the ribs, and the blow causes terrific shock to this organ. Attack this area with the knife edge of your hand (fig. 23); the outside edge of your fist, the knuckles folded at the second joints; your heel; your toe; or your knee.

fig. 22



fig. 23

7. KIDNEY. Certain large nerves, branching from the spine, are close to the skin surface over the kidneys. **Caution:** A blow here can rupture the kidney and cause severe nervous shock or death unless the victim receives immediate medical attention. If desperate, strike this area with the knife edge of your hand (fig. 24). Other effective blows can be delivered with fingers folded at the second joints, the outside edge of your fist, the knee, or a toe kick.

8. SPINE. Try to avoid attacking the spine. The spinal column houses the spinal cord and a blow here can dislocate the column, resulting in paralysis or death. If you succeed in knocking your assailant down, a blow with your knee, your elbow, your heel or toe (fig. 25) can be fatal.



fig. 24



fig. 25

Attacking the Limbs

1. FINGERS. To break a rear underarm hold round your waist, grab any one of your opponent's fingers with one hand while securing his wrist with your other hand (fig. 26). Firmly hold his wrist and, at the same time, bend his finger back toward his wrist. This will cause severe pain and if carried to extreme will break the finger.

2. WRIST. Bending your opponent's wrist excessively in any direction causes severe pain. Place both your thumbs on the back of his hand. Bend his wrist at a right angle to his forearm (fig. 27). You can control your assailant, when frontally attacked, when you get him in this position.



fig. 26

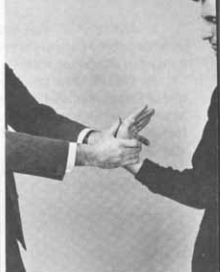


fig. 27

3. ELBOW. The elbow joint is a comparatively weak part of the body and a forceful blow can dislocate it. Grab your attacker's wrist or forearm and pull it behind him, stiffening his arm (fig. 28). As you do this, give his elbow a sharp blow with the heel of your hand. You can also use the knife edge of your hand or your knee.

4. KNEE. Kick your opponent's knee or kneecap with the edge of your shoe (fig. 29). The blow will tear ligaments and cartilage, causing him extreme pain. If you succeed in getting behind your assailant, a direct toe kick to the back of his knee could penetrate his flesh and injure his nerves.



fig. 28



fig. 29

5. **ANKLE.** Kick your attacker on the outside of his ankle with the outside edge of your shoe. Do not use a toe kick because it may slip off your opponent's ankle without doing any damage.

6. **INSTEP.** You can break the small bones of the instep with a foot stomp; this causes severe pain to your attacker and hinders his movement. When facing your opponent, deliver a foot stomp with the edge of your left foot to his left instep (fig. 30), or with the edge of your right foot to his right instep. This manner of delivery protects your groin areas as you turn. Follow the blow to the instep with a blow to the ankle.



fig. 30

4. Falls



You must learn the falls before you attempt the throws. Practice here is essential so that if your opponent or an attacker throws you, you will be able to avoid injury.

Right Side Fall Position

The points to check for the right fall position (fig. 31) are as follows:

1. Your left foot is driven to the ground taking up the initial shock of the fall. It strikes the ground behind your right leg at the knee. The sole of your foot is flat on the ground.
2. Your right arm is the "beating" arm and takes up additional shock. Extend it along the ground, palm down with fingers extended and joined at an angle of 45° to the body. This arm makes contact with the ground at the same time as your left foot.
3. Your chin is tucked into your chest, keeping your head off the ground. Your neck remains tense to prevent your head from striking the ground and being injured.
4. Your left arm is held across the face. This prevents injury to your left elbow and offers some protection to the head and throat from the blows of your opponent.
5. The entire right side of your body makes solid contact with the ground. To prevent your right leg from being injured relax it by bending it slightly at the knee.



fig. 31

Left Side Fall Position

The points to check for the left side fall position are the same as those for the right side fall position. Simply substitute the words "left" for "right" and "right" for "left" (fig. 32).

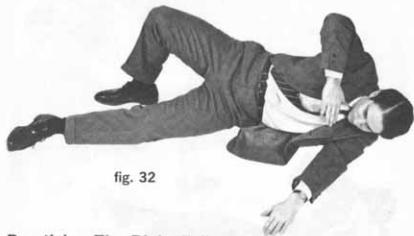


fig. 32

Practicing The Right Fall

STARTING POSITION (fig. 33). First lie on your back, then raise your body off the ground supporting your weight on your left hand and left foot. Hold your right arm across your face and extend your right leg parallel with the ground or slightly higher.

2. EXECUTION. Bend your left arm and left leg slightly, canting your entire body to the left. Watch the ground over your right shoulder. Simultaneously swing the right arm forcefully to the right, and thrust your body into the air in a rolling motion to the right by extending your left arm and left leg vigorously. Your right hand and left foot strike the ground first, taking the initial shock of the fall. Keep your chin tucked tightly into your chest to prevent your head from striking the ground. The completed fall should be the same as in figure 31.

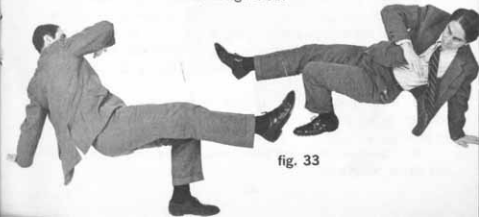


fig. 33

Practicing the Left Side Fall

The starting position (fig. 34) and execution (fig. 32) to practice the left side fall are the same as those for the right side; just substitute the words "left" for "right" and "right" for "left."



fig. 34

Rear Fall Position

The points to check for the rear fall position (fig. 35) are as follows:

1. The soles of your feet are driven to the ground about shoulder width apart keeping your lower legs at a 90° angle to the ground. This takes up the initial shock of the fall.

2. Both hands strike the ground in a slapping motion at the same time as your feet. The arms are fully extended, forming a 45° degree angle to your body, and the palms of your hands are down. This slapping motion gives you contact with the ground along both arms and across the shoulders taking up additional shock of the fall.

3. Keep your stomach muscles tightened so your buttocks will not strike the ground when you land. This prevents injury to your spine.

4. Tuck your chin into your chest so that your head does not strike the ground.



fig. 35

Practicing the Rear Fall Position

1. STARTING POSITION (fig. 36).

Squat and place your hands between your knees, with the palms flat on the ground and fingers pointing toward each other. Arch your back and tuck your chin into your chest to keep your head from striking the ground.

2. EXECUTION

Roll forward in a somersault. At the peak of the forward roll, drive the soles of your feet to the ground about shoulder width apart and simultaneously slap both hands to the ground. The arms are fully extended with the hands palm down, forming at 45° angle to your body. Keep your chin tucked tightly into your chest to prevent your head from hitting the ground.



fig. 36

Advance Falling Practice

1. RIGHT SIDE FALL

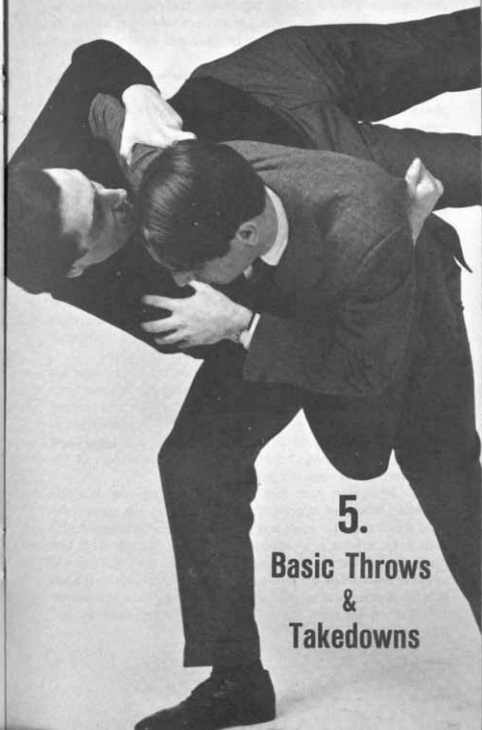
Start from the standing position and raise your left arm over your head with the palm of your hand facing to the left. Take several steps forward to build up momentum. When your left foot strikes the ground, swing your raised left arm down in an arc through your legs so that you go into a forward somersault. Keep your chin tucked into your chest. At the peak of your forward roll thrust your flexed legs so that your body is propelled into the air feet first and parallel to the ground in an extended position. The sole of your left foot and the palm of the right hand are driven to the ground and make the initial contact to absorb most of the shock. The completed fall position should be the same as in figure 31.

2. LEFT SIDE FALL

The left side fall position can be practiced in a similar manner, substituting the words "left" for "right" and "right" for "left."

3. REAR FALL POSITION

Start from the standing position and take a few steps forward to build up momentum. Then execute the fall as described on page 33.



5. Basic Throws & Takedowns

Sometimes in fighting off an assailant you have to throw him to the ground before you can subdue him. The basic throws and takedowns used are the hip throw, the reverse hip throw, the oversoulder throw, and the cross hock takedown. Variations of the throws and takedown can be used and new ones learned after you have mastered the basics.

1. Speed is the primary factor in throwing an opponent. In training, however, strive for precision and accuracy. Do each phase of a throw or takedown with deliberate action. Speed will come with constant practice.

2. In the beginning your partner should offer no resistance. He should cooperate and permit you to execute the throw or takedown while he concentrates on assuming a good fall position.

3. The throws and takedowns described may be executed from either side simply by substituting the words "right" for "left" and "left" for "right."

Hip Throw

1. You are assailed face to face (fig. 37). Place your left foot in front and slightly inside of your opponent's left foot. At the same time strike your opponent vigorously on his right shoulder with the heel of your left hand and grab his clothing at the shoulder (fig. 38). This blow knocks him off balance.

2. Pivot to your left a full half-circle on the ball of your left foot (fig. 39). During the pivot place your right arm about your attacker's waist and jerk him forward forcefully with both arms, driving his midsection into your buttocks. This maneuver bends your opponent over your right hip at the waist and leaves him partially suspended in this position. At the completion of the maneuver, your knees are bent (fig. 40).

3. Straighten your legs quickly, thrusting your buttocks forcefully into your opponent's midsection. At the same time, bend forward at the waist and pull forward and downward with both arms, driving your opponent to the ground (fig. 41). Use your hip as a fulcrum, throwing the man over your right hip and not over the outside of your leg. Your opponent lands in the left side fall position and you are poised to deliver a blow to a vulnerable part of his body if you feel you can't get away by just running.



fig. 37



fig. 38



fig. 39



fig. 40



fig. 41

Variation Hip Throw #1.

Both of your assailant's arms are securely pinned, his right arm locked in your left elbow and his left arm clasped at the elbow by your right hand (fig. 42).



fig. 42

Variation Hip Throw #2.

You grab your opponent's right arm with both hands and use your hip as a fulcrum (fig. 43).



fig. 43

Variation Hip Throw #3.

Place your right arm around your opponent's neck as you pivot, rather than around his waist. Your left hand locks your right arm (fig. 44).



fig. 44

Reverse Hip Throw

1. You are attacked face to face. Move slightly closer to your assailant than in the hip throw maneuver. Take a long step forward with your left foot and place it slightly outside of and a few inches beyond your opponent's right foot. Most of your weight is on your left foot. At the same time, strike your opponent forcefully on his right upper arm or shoulder with your left hand and grab his arm. This blow causes him to lose his balance to the rear. (fig. 45).

2. Step around your opponent with your right foot and place it directly behind him. At the same time grab him around the waist with your right arm. Thrust your hips to your right as far as possible to gain buttock-to-buttock contact, pulling your opponent into position on your right hip and suspending him in midair. Now lock your opponent's right arm to your side with your left elbow (fig. 46) (fig. 47).

3. Straighten your legs, use your right hip as a fulcrum and slam your opponent to the ground (fig. 48). **Be sure to throw him over your hip and not over the side of your right leg.** You retain the armlock on your opponent's right arm. He assumes the left side fall position. In actual fighting this fall may knock your attacker unconscious.



Variation Reverse Hip Throw #1.

Follow step 1 of the Reverse Hip Throw and go on to step 2, but instead of placing your right arm around your opponent's waist, get a strangle hold around his throat. (fig. 49).

fig. 49



Variation Reverse Hip Throw #2.

Grab the hand of your arm which you placed around your opponent's throat as described in Variation Reverse Hip Throw #1. This gives you a better strangle hold (fig. 50).

fig. 50



Overshoulder Throw

1. When being attacked from the front by an overhead stabbing motion assume the guard position. Grab your assailant's right wrist with your left hand. Hold his wrist firmly and pivot a half-circle (180°) to your left. Bend your knees and your body, pulling him slightly forward as you turn (fig. 51), (fig. 52).

2. Grasp his right upper arm with your right hand, preferably placing your hand over his arm. Roll your right shoulder forward and downwards throwing your opponent over it to the ground (fig. 53).

fig. 51

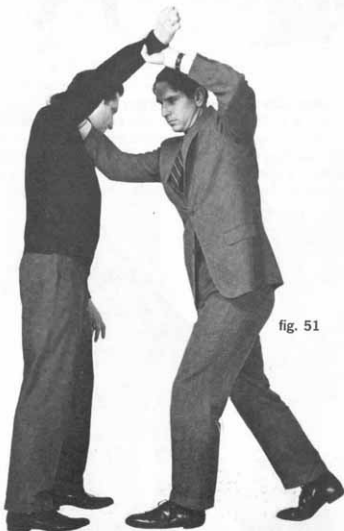




fig. 52



fig. 53

Overshoulder Throw Variation

From a position facing your opponent, grab his left lapel with your right hand. Maintain this hold and pivot a half circle to the left, placing your right forearm under his right armpit as you complete the pivot. Grab his right arm at the elbow as you are executing the pivot. Throw him over your right shoulder (fig. 54).



fig. 54

Cross-Hock Takedown

1. Start the cross-hock takedown from the guard position (facing your opponent). Step in with your left foot placing it slightly outside of your opponent's right foot. Simultaneously strike your opponent vigorously on both shoulders with the heel of your hands and grab his clothing. This blow knocks him off balance to the rear (fig. 55).

2. Move forward shifting your weight to your left foot maintaining your hold on his shoulders. As you shift your weight, swing your right leg forward in an arc between your left leg and your opponent's right leg until it reaches a point parallel with the ground (fig. 56).

3. Swing your raised right leg downward forcefully striking your opponent's right leg, and drive his shoulders into the ground (fig. 57) (fig. 58) (fig. 59). Follow with a blow to a vulnerable point if necessary.



fig. 55



fig. 56

fig. 57
SIDE VIEW



fig. 58
FRONT VIEW



fig. 59



6. Holds



The main purpose of a hold is to keep your opponent still until you can follow through with a blow to a vulnerable part of his body and escape.

Front Strangle Hold

1. The front strangle hold is particularly good against a low frontal attack. As your opponent charges, strike his right shoulder with your left hand to slow his momentum and slip your right forearm under his throat and clamp his head under your right arm. Clasp your left wrist with your right hand. (fig. 60). Apply pressure by leaning backward and lifting with your right forearm.

2. Another method of executing this hold, and one which acts more swiftly, is to grab the knife edge of your right hand with the fingers of your left hand (fig. 61). Pull forcefully toward your chest and, at the same time, lean backward. Properly executed, any strangle hold can cause unconsciousness in approximately 10 seconds. Caution! Continued pressure may kill a man.



fig. 60



fig. 61

Side Collar Strangle Hold

Grip your assailant well back on his collar with both hands, palms down (fig. 62). Use the back of his front collar for leverage and roll the second knuckles of your forefingers into the carotid arteries at the sides of his neck. Place both your thumbs below his Adam's apple, applying continuous pressure inward and upward. This hold is best used when your attacker is on the ground and unable to hit at your groin. Caution! It causes unconsciousness and eventually may cause death.



fig. 62

Cross Collar Strangle Hold

To be effective, this hold must be executed on an opponent who is wearing an open collar or who has open lapels on his coat or jacket. Cross your hands at the wrists and grab the collar openings with your fingers on the inside and your thumbs on the outside (fig. 63). Pull with your fingers and scissor your hands against your opponent's throat. He will drop to the ground unconscious if the hold is properly executed. This strangle hold can also be executed from the rear. Cross your arms in front of your opponent's throat, seize his clothing at the neck, and press your hands into his throat by pulling back.



fig. 63

Full Nelson

1. Execute this hold from the rear. Place both arms well up into your opponent's armpits and place your hands on the back of his head. Interlock your fingers (fig. 64).
2. Apply downward pressure on his head and upward pressure under his arms. This should subdue him.

fig. 64



Hammerlock

1. To execute the hammerlock from the rear, grab your opponent's hand or wrist and pull backward. Then force his forearm up toward his head. Caution! By keeping your right hand at his right elbow and continuing to force his arm up, you can dislocate his shoulder (fig. 65).
2. To execute the hammerlock when facing your opponent, grab his right wrist with both hands. Pivot half a circle to your left. During the pivot, raise your opponent's arm above your head and step beneath it and behind him at the completion of your turn.

fig. 65



7.

Escaping From Holds



If your assailant succeeds in getting a hold on you, you must break it. Bite, kick, or hit him at vulnerable points to help loosen or break the hold before he can apply pressure.

Escape from Choke Hold #1.

1. When your assailant attempts to choke you, use a roundhouse arm swing to break his hold (fig. 66) (fig. 67).

2. Swing your arm over his arms in a forceful roundhouse blow. As you do this, pivot in the direction of your swing to get as much of your body weight as possible behind your arm swing (fig. 68). This causes your opponent to loosen his hold. Be prepared to strike him about the face or neck with a backward, knife edge blow of your hand before he recovers.

3. This escape can also be used against a choke hold from the rear. Swing your arms and pivot around facing your opponent as you swing.



fig. 66



Escape from Choke Hold #2.

When an assailant who is facing you tries to choke you, grab each of his thumbs (fig. 69). Pull them down sharply, twisting them to the outside (fig. 70). At the same time, bend your knees and body forward forcing your attacker to his knees (fig. 71).



Escape from Choke Hold #3.

1. As your attacker gains the choke hold, clasp your hands together (fig. 72). Grip the knife edge of your left hand with the fingers of your right hand and tightly wrap the left thumb around the right thumb. Do not interlock your fingers.

2. Drive your hands up between your opponent's arms, forcing him to loosen his hold (fig. 73).

3. From this position, smash your clasped hands on the bridge of his nose or grab the back of his head (fig. 74) and pull it down, meeting it with a knee lift. You can also separate your hands after breaking the hold and strike his collarbone with the knife edge of your hands.



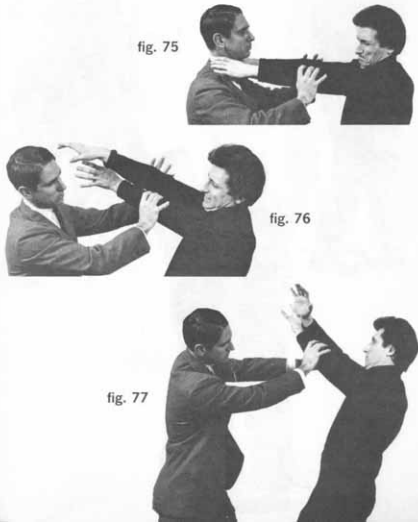
Escaping a Two-Handed Front Strangle Hold

This maneuver is particularly good if you are backed against a wall.

1. Ordinarily an assailant attempting to strangle you while your back is to a wall extends his arms, squeezes his fingers, and pushes you backwards (fig. 75).

2. To escape this hold you place the heel of your right hand on his left elbow and the heel of your left hand on his right elbow. Apply pressure inward and away from yourself (fig. 76). This prevents your assailant from using the power of his fingers and he cannot choke you.

Force him back (fig. 77), and drive your knee or toe into his groin.



Escaping a Rear Overarm Body Hold #1

1. An assailant may grab you around the body and pin both your arms in a rear overarm body hold (fig. 78).
2. Raise your elbows shoulder high and at the same time lower your body slightly by bending your knees (fig. 79).
3. Turning your body slightly to the left, drive your elbow forcefully into your opponent's side or midsection so he will release his grip (fig. 80).



fig. 78



fig. 79



fig. 80

Escaping a Rear Overarm Body Hold #2

1. As in the previous escape, swing your arms upward, but this time **clasp your hands interlocking the fingers** (fig. 81).
2. Look to your left to locate your opponent's left foot. At the same time raise your own left foot (fig. 82).
3. Now bring your raised foot sharply down on his left instep. This maneuver can be done to the right side. Just substitute "right" for "left" and "left" for "right" in the directions. (fig. 83).



fig. 81



fig. 82



fig. 83

Escaping a Front Overarm Bear Hug

1. To escape an assailant who has grabbed you around the body and pinned your arms in a front overarm bear hug (fig. 84), bring your thumbs into his groin forcing his hips backward and leaving a space between your bodies (fig. 85).



fig. 84



fig. 85

Escape from a Front Underarm Bear Hug

1. An assailant may lock his arms around your waist and attempt to bend you over backwards with a front underarm bear hug (fig. 86).

2. To escape this hold place your right hand under your opponent's chin. Put your left arm around his waist (fig. 87). By pressing with your right hand and pulling his waist toward you, he either loosens his grip or is forced backward (fig. 88).

3. You can perform this maneuver starting with your left hand. Just substitute "right" for "left" and "left" for "right" in the directions.



fig. 86



fig. 87



fig. 88

Escaping a Two-Hand Grip on One Wrist

1. Your assailant may grab you with a two handed grip on your right wrist (fig. 89).

2. To escape step forward with your right foot and bend both knees. Keeping the trunk of your body upright, bring your right elbow close to your stomach and reach across with your left hand and grab your right fist (fig. 90).

3. By straightening your legs and pulling back with the power of your body and arms, you bring pressure on your opponent's thumbs, forcing him to release his hold (fig. 91). At the completion of the escape you are in position to deliver a blow to your opponent's head or neck with the knife edge of your right hand (fig. 92) (fig. 93).

4. If your assailant grabs your left wrist, you can perform the same maneuver just substituting "left" for "right" and "right" for "left" in the above directions.



fig. 89



fig. 90



fig. 91



fig. 92



fig. 93

Escaping an Overhand Grip on Both Wrists

1. Your attacker may grab you with an overhand grip on both wrists (fig. 94).

2. To escape, step forward with either foot and bend both knees. At the same time, bend your arms so the elbows are close to your lower abdomen. Pull your opponent forward and downward (fig. 95).

3. Execute the escape by straightening your legs, pulling back with your body, and pushing your arms upward in one motion. Speed is important if the escape movement is to be effective (fig. 96).

4. Your hands are now raised over your head in a position to strike down (fig. 97).



Escaping a One-Arm Strangle Hold from the Rear

1. An assailant may attack you from the rear with a strangle hold using his left arm (fig. 98).

2. Reach up with your right hand and grab his left forearm. Pull down on his forearm and at the same time tuck your chin into your chest so he cannot choke you. Grab your opponent's left shoulder with your left hand (fig. 99).

3. Drive your buttocks against his midsection, retaining your hold on his forearm and shoulder with both hands. By bending from the waist and straightening your legs swiftly you can throw your opponent over your head and to the ground (fig. 100).

4. If your attacker grabs you from the rear using his right arm, perform the same maneuver simply substituting "left" for "right" and "right" for "left" in the directions.



Escape from Rear Underarm Body Hold #1.

1. An assailant may grab you around the body in a rear underarm body hold (fig. 101).
2. Reach down with your right hand and place it just above his right knee. Press down on this spot with most of your weight (fig. 102).
3. You now have a firm base on which to pivot. Switch your right leg behind your opponent's left leg. As soon as your feet are firmly planted on the ground, bring your right hand under your opponent's right knee and your left hand under his left knee (fig. 103).
4. Lift up and raise your opponent off the ground, lifting his feet as high as possible (fig. 104).
5. If your opponent releases his hold, you can drive his head backwards to the ground. If he maintains his hold, fall on him and force his head to the ground.
6. You can perform the same maneuver starting with your left hand above his left knee. Simply substitute "left" for "right" and "right" for "left" in the above directions.

fig. 101



fig. 102



fig. 103



fig. 104



Escape from a Rear Underarm Body Hold #2.

1. Your opponent uses the same grasp around your waist as explained on page 62, but this time he braces himself by placing one leg between your legs and putting his head behind your shoulder blade out of reach of your arms (fig. 105).
2. To break this hold, bend swiftly from the waist and grab the ankle and straighten your body (fig. 106). This puts pressure on your opponents knee causing him to release his hold and drop on his back (fig. 107). If he keeps his hold, you should fall back on top of him so that your weight hits his midsection.

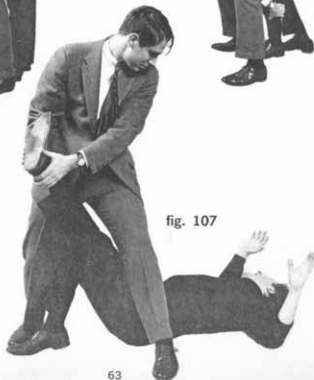
fig. 105



fig. 106



fig. 107



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